

Fruit Cup 2

Yield - Portion Size - 3 oz., with juice

Portion Count – 50

Yield - approx. 1 gal. + 3 cups



Ingredients

2 lbs. 13 oz. canned grapefruit sections
2 lbs. 8 oz. canned sliced peaches
1 lb. 12 oz. canned pineapple chunks
2 lbs. 3 oz. **frozen cherries**, thawed
9 ea. fresh oranges, peeled and chunked
5 ea. bananas, peeled and sliced
1 qt. + 2/3 cup reserved liquid

How to Prepare

1. Drain canned fruit before combining, reserving juices.
2. Place in bowl.
3. Add oranges and bananas.
4. Pour juice over all.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40° F.

Yield - approx. 1 gal. + 3 cups.

----- Nutrition Information for each serving: -----

Calories = 76

Fat = 0 g

Saturated Fat = 0 g

Protein = 0 g

Carbohydrate = 19 g

Dietary Fiber = 1 g

Sodium = 2 mg

Cholesterol = 0 mg

Vitamin A = 18 RE

Vitamin C = 22 mg

Calcium = 18 mg

Iron = 0.3 mg

Recipe provided by the Pennsylvania State University. (Note: This recipe has not been standardized or tested by USDA). For additional information, including recipes, visit the [Cherry Marketing Institute](http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm) web site.

Recipe Category:

Key USDA Commodity:

Food Group:

Fact Sheet Database:

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Cherries, Canned & Frozen.

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Facts About USDA Commodities for Schools ... For more information visit our web site at

<http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.

The FDD Program Support Team at: fdd-pst@fns.usda.gov.

Last Updated: 10/26/00

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